

Kemper M.

START - 10-25-2011 1 per meeting ^{first} in 90 days |

1 Forward with confidence

Foundation for success

Empower

Productivity can be anywhere

Transformation is key

Reimagine your new ~~Future~~ Future

Collaborate with a peer

Create a safe space

Set Boundaries

Help someone

Say a nice word to someone

Remove Judgements

My ambition is?

Thank someone

Be at piece

Remove one worry

Grateful For?

In the current moment Be Proud

I am worthy

Learn from mistakes

Change is great - Embrace change

Learn from others

I control the good that comes to me

Improve something Today

Take a risk to do the right thing

Change your sticking thinking

Don't repeat your mistakes

I get Better every day

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1

Be willing to Learn
Focus on positivity

open minded

Teachable

Sobriety \equiv Journey

Discover JOY

Embrace the amazing \odot

Broaden tolerance

Choose life

Experience someone else's success's.

You are the company you keep

JUST add one more day

change what you can control

Remove thoughts you cannot control

choose to have a great day

confidence is belief in your abilities Arrogance is to disregard reality

Grateful

Eye on the prize

Take a pause

Pause before you act

KISS

reach out

You are not alone

Smile in a mirror

Acceptance

Believe in yourself

Participate in your Recovery

Tune into a feeling

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1

Don't Dwell on the past
Foregive yourself
Move forward one step today
Don't ever want to go back

Live in the solutions

I deserve to be sober

my soul is a source of joy

I am proud of myself

I am in control not my addiction/cravings

I can and I will

my strength is greater than my struggle

I inspire others

I have the courage and bravery to do this

I own the power to change my story

Like myself today

Failures are learning steps forward

I believe in myself

Take one step forward for the better today

Today is my day

Greet each day with strength

Success will find me today

addiction is strong but I am stronger

today leads to a better tomorrow

Filled with possibilities

Grateful to share

Kindness & strength are part of my foundation

embrace individuality

only positive thoughts

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1 mistakes do not define me the strength in me
Confidence

Exciting adventure

Live in the present will ensure wonderful future

Mind is free of resistance

posses courage to keep going

Half the energy in addition will sustain my sobriety

Search for the good in each moment

changing brings opportunity

Boundries

I am choosing and not waiting to be chosen

Hope

encourage

Calm

Harmonious

Celebrate

Accomplishment

Admire

Courageous

creative

Ethical

effervescent ?? means ?

Flourishing

Free

Instinctive

Miraculous

one day at a time

Truthful

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1
Tranquil
Trusting
Unwavering
Valued
Wow
worthy
Zealous - means ??
Enjoyable
perseverance
tenacity
NEXT BEST thing
Do it For Today
Do it For you FIRST
Get out of SELF
Recovery FIRST
Acceptance
Soberity Acceptance
I am Healing
Give Back
miracle to Be alive
ability to Listen to others
Try the suggestions
Cotton out of ears & put in mouth
seconds minutes hours days months years
Be kind to yourself
Compassion with yourself
Courage
Walk through it to make it

sent @

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1
Stick with it
can't be hateful when Grateful

Honesty

Hope

Courage

Integrity

Trust

willingness

Humility

Responsibility

Perseverance

Bigger problem than acohol - ? ^{mental} Health

Take the meat Leave the Bones

Why I Drink so much & would not quit

Stay on the train the scenery will change

Surrender to Win

Let go

Listen To Learn

Involved

Not today

Look out the Front window

Go Through Darkness to get to the Light

Patch the Holes in your Boat

You have to go to the gym more than once to see results

Visual proof

Suit up - show up

Start the journey of Reconstitution

Surf the day - paddle out wait observe - catch wave to shore

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1 yets - choose wisely

practice makes perminate

Bird TRUSTS The Beach Because IT TRUSTS ITS WINGS

Avoid complacency

Believe in Success

Like minded

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You never fail until you stop trying

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Embrace the Amazing™

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Freedom

Take a risk... feel the feelings

Soberity progress } Different in Beginning
Life progress } Now elly. 90% on Life
time

Because I didn't drink I got to?

Be a person you admire / proud of

Ones that Respect are Worth Keeping

Actions + Consistency get Family Back faster
Make Sober Memories

You destroyed on your Time they will come around on their Time

You Lose their Trust on your time, You gain it Back on their Time

what you put in you get out

Don't let someone else be the cause of your!

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Seek quality not quantity quantity = time
quality will get you the quantity